



**PARKS AND
RECREATION**

THIS YEAR.....Get in shape before the holidays!!

TRIM TIGHTEN AND TONE WORKOUT CLASS!

OCTOBER 10TH - NOVEMBER 16TH

Brainerd Recreation Complex

NO CONTRACTS

6:00-7:00 pm

Tuesdays & Thursdays

This is a “6-week” class

\$55.00 for ALL 6 WEEKS

Body fat testing, monthly newsletter, strength training, free weights, resistance bands, KICKBOXING, step and more!

Designed to tone your thighs, buttocks, arms, abs, increase your stamina and have fun!!!

**Taught by Christine Post “My goal is Your Results”
Nationally Certified Personal Trainer and Aerobic**

Instructor Email: Xercise@comcast.net

Call 423-698-2578 to reserve a spot!

